

広報とうかい 11/25 号

1. 12月の休日診療
2. 12月の健康相談
3. 令和3年度の集団検診について
4. みんなですこやかウォーキング
5. 育児用品交換会
6. 妊婦のための「ハローベビースクール」
7. ピーターパンサークルに参加してみませんか？
8. 「須和間卓球クラブ」会員募集

Tokai Newsletter 25 Nov. 2021

1. Weekend Medical Services in Dec.
2. Health Checks and Consultations in Dec.
3. Health Checks for Residents
4. Healthy Walking Group
5. Used Childcare Items Bazaar
6. Hello Baby Classes for Pregnant Women
7. Peter Pan Circle
8. "Suwama Table Tennis Club" Members Wanted

In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be cancelled or postponed.

1. Weekend Medical Services in Dec.

Hours: 9:30 a.m. - 2:00 p.m., except noon - 1:00 p.m. (Hours are available for all locations.)

Sun. 5: Tokai Clinic, ph.029-283-1711

Sun. 12: Tokai Hospital, ph.029-282-2188

Sun. 19: Higashihara Clinic, ph.029-283-2301

Sun. 26: Tokai Hospital, ph.029-282-2188

Thu. 30: Ogata Clinic, ph.029-282-4781

Fri. 31: Ogata Clinic, ph.029-282-4781

Ibaraki Children Emergency Information Helpline, ph. #8000 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

2. Health Checks and Consultations in Dec.

(1) Health Consultation for Mothers and Children

Date: Tue. 21 Dec.

Time: 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(2) "Genki-up" Health Consultation for Adults

Date: Tue. 21 Dec.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants (babies born in Jul. 2021)

Date: Wed. 1 Dec.

Time: 12:50 p.m. - 1:50 p.m.

2) Children - aged 1 year and 6 months old (babies born in May 2020)

Date: Thu. 2 Dec.

Time: 12:50 p.m. - 1:50 p.m.

3) Children - aged 3 years old (babies born in Jun. 2018)

Date: Wed. 8 Dec.

Time: 12:50 p.m. - 1:50 p.m.

4) Dental Checks for Children-aged 2 years and 6 months old (babies born in May 2019)

Date: Thu. 9 Dec.

Time: 1:00 p.m. - 2:00 p.m.

(4) Baby Class for babies born in Sep. 2021

Date: Wed. 22 Dec.

Time: 1:00 p.m. - 1:20 p.m.

(5) Dental Checkup Class for babies born in May & Jun. 2021

Date: Thu. 23 Dec.

Time: 9:30 a.m. - 9:45 a.m.

Please make an appointment.

Inquiries: Tokai Health Center, ph. 029-282-2797

3. Health Checks for Residents

Residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks will be held as listed below.

Health checks for residents will be held only by advance reservation to prevent the spread of the coronavirus. Please note that a limited number of people will be accepted.

Dates: Thu. 20 and Fri. 21 Jan. 2022

Reception Time:

Choose from the following.

①9:00 a.m. – 9:15 a.m. ②9:30 a.m. – 9:45 a.m. ③10:00 a.m. – 10:15 a.m.

④10:30 a.m. – 10:45 a.m. ⑤11:00 a.m. – 11:15 a.m. ⑥1:00 p.m. – 1:15 p.m.

⑦1:30 p.m. – 1:45 p.m. ⑧2:00 p.m. – 2:15 p.m. ⑨2:30 p.m. – 2:45 p.m.

Place:

Tokai Health Center in Tokai Welfare Center "Kizuna"

Cost: Free

Reservation:

-By Phone: Call Health Check Call Center, ph. 0570-058-122, between 9:00 a.m. – 6:00 p.m. on Wed. 8 Dec.

-Online: Book through Health Checks Reservation Website between 7:30 a.m. and 11:00 p.m. on Wed. 8 Dec. (See the leaflet enclosed with your checkup voucher for details.)

*Reservations are taken on a first come, first served basis. If there is any vacancy, reservations will be taken at Tokai Health Center after Mon. 13 Dec.

For those who take colon cancer test only:

No reservation is required. Please bring your sample to Health Center during the reception hours on the checkup day.

Notes:

*If you are not registered as a resident of the village on the checkup day, you are not eligible for the checkup.

*Please wear a mask and take your temperature.

*You cannot take a health check if you are unwell or without a reservation on the day.

Inquiries:

About specific health checks and health checks for the elderly; Civil Registration Section, ph. 029-282-1711 ext. 1131, 1135

About health checks other than the above; Tokai Health Center, ph. 029-282-2797

4. Healthy Walking Group

One-hour walk along the Ibaraki Health Road "Funaishikawa Mahorobano-sato and Kinrin Park course".

Date: Fri. 3 Dec. (Canceled in case of rain)

Time: 9:30 a.m. (Registration starts from 9:00 a.m.)

Meeting place: Funaishikawa Community Center

Capacity: The first 50 Tokai Village residents will be accepted.

Other: Wear a mask. Bring a drink and a towel, and wear comfortable clothes. Please share cars due to the limited space in the parking lot.

Application and Inquiries: Apply by phone to Tokai Health Center (ph. 029-282-2797) between Mon. 29 Nov. and Wed. 1 Dec.

5. Used Childcare Items Bazaar

Used childcare items will be given away as part of the Year-End Mutual Support fund-raising campaign.

Date: Sat. 11 Dec.

Time: 9:30 a.m. – 12:00 p.m. only for those who have tickets and donated items or money,
1:00 p.m. – 2:00 p.m. for anyone

*People will enter by turns. In each turn, 25 groups will be allowed to enter for a period of 30 minutes.

*Tickets will be distributed from 9:00 a.m.

Place: Tokai Welfare Center “Kizuna”

Other:

If you would like to donate childcare items, please bring them to Tokai Welfare Center “Kizuna” by Wed. 8 Dec. Items cannot be accepted on the bazaar day.

A lottery will be held for strollers.

Inquiries: Tokai Village Social Welfare Council, ph. 029-282-2804

6. Hello Baby Classes for Pregnant Women

Let’s learn about pregnancy, childbirth, childcare, and share your concerns and experiences with us as an expecting mother. You can join either one or both days.

Date and Content:

(1) Fri. 14 Jan. 2022, 9:15 a.m. - 11:30 a.m. (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist.

(2) Sat. 15 Jan. 2022, 9:15 a.m. - 11:45 a.m. (Registration starts at 9:00 a.m.)

Talk about babies’ cry / how to bath a new born / pregnancy experience for fathers / useful services for before and after childbirth. Bring aprons for each attendee.

Place: Tokai Health Center

Capacity: (1) The first 8 applicants, (2) the first 9 pairs, will be accepted.

Cost: Free

Other: Bring your Maternal and Child Health Handbook (boshi kenko techo), the supplementary handbook, pen and notebook.

Applications and Inquiries: Apply by phone to Tokai Health Center (ph. 029-282-2797) by Fri. 24 Dec. Reservations are required for both classes.

7. Peter Pan Circle

The circle will be held for children to play among themselves, and their guardians to exchange different experiences and ideas through this circle.

Dates: Every Mon. to Fri. (except public holidays)

Time: 10:00 a.m. - 12:30 p.m. or 1:15 p.m. – 3:45 p.m.

Place: Ozora Daycare Center

Eligible people: Children born between 2 Apr. 2017 and 31 Mar. 2020 and their guardian

Capacity: The first 3 pairs (6 people) will be accepted for each morning and afternoon period

Cost: Free

Other: Bring your own drinks. (No food)

Applications and Inquiries: Apply by phone to Ozora Daycare Center, Ph. 029-287-3535. Applications will be accepted between the 20th and the last day of the month prior to the desired date of use (except Sat., Sun. and public holidays).

8. "Suwama Table Tennis Club" Members Wanted

Beginners and students are welcome. If you are interested, please visit us.

Date: Sun.

Time: 9:00 a.m. - 12:00 p.m.

Place: Muramatsu or Nakamaru Community Center

Cost: 100 yen per time

Inquiries: Akiba san, ph. 029-282-2691